



COUNTYWIDE FITNESS CHALLENGE 2015



WALK IT OFF!



Whittier Narrows Recreation Area

751 South Santa Anita Avenue
South El Monte, CA 91733

1st Supervisorial District

DRAGON BOATS

5K RUN AND
FITNESS WALKS

EXERCISE SESSIONS

HEALTH SCREENINGS

FACE PAINTING

HEALTHY SNACKS

FREE GIVEAWAYS
DRAWING PRIZES

Saturday, May 16, 2015

8:00 a.m. – Noon

Join us for a day of family fun featuring
5K fitness walks and wellness screenings!

American Cancer Society
American Diabetes Association
American Heart Association
Human Resources
Hula Hoop & Jump Rope Contests
Massage Therapy
Medical & Dental Plan Booths
Parks and Recreation
"Play for Life!" Booth
"Wacky Wheel of Wellness" booth

EXERCISE SESSIONS:

Bootcamp
Cardio Dance
Kick Boxing

HEALTH SCREENINGS FOR:

Blood Pressure
Body Mass Index
Cholesterol
Glucose

RSVP to secure your giveaways at <http://dhr.lacounty.info>

